

Like all young mammals, human infants depend on milk for nutrition. Milk is rich in lactose, a disaccharide made from two sugar molecules. Lactose cannot be directly absorbed in the small intestine. To digest lactose, mammals produce the enzyme lactase. Now lactose binds to the active site of lactase enzyme. The enzyme hydrolyzes lactose and produces two simple sugars, glucose and galactose. These sugars are then absorbed into the capillaries of the small intestine and redistributed to the rest of the body.